

- 3) With kindness and tenderheartedness for the very individuals with whom you are or have been irritated (*Ephesians 4:31-32*);
- 4) By taking advantage of opportunities to minister, especially in ways that keep you in a Christlike servant attitude towards others (*based on Matthew 20:25-28; Philippians 2:3-8; I Peter 4:10*);
- 5) By practicing biblical stewardship to honor the Lord and to be of practical help to others (*based on Psalm 24:1; Matthew 25:14-29; I Corinthians 4:1-2; Ephesians 5:15-17; I Timothy 6:17-19; I Peter 4:10*). Refer to **BIBLICAL PRINCIPLES OF STEWARDSHIP** (Lesson 10, Pages 4-6) and **DYING TO SELF BY SERVING OTHERS** (Lesson 10, Pages 7-8).

For specific examples of how and when to express biblical love, even in difficult situations, refer to **THE MEANING OF BIBLICAL LOVE** (Lesson 13, Pages 4-6).

- g. Whenever necessary, conduct a "conference table" using the guidelines outlined in **OVERCOMING PROBLEMS THROUGH BIBLICAL COMMUNICATION** (Lesson 15, Pages 6-9).
 - h. Correct deficiencies in your life that exist because of a lack of discipline or neglect (*based on Colossians 3:1-17; I Timothy 4:7b; James 4:17*).
 - i. If you need help, get a Christian friend to hold you accountable to carry out your basic and contingency plans until you have established a new pattern of godly living (*Proverbs 27:17; Ecclesiastes 4:9-10; Hebrews 10:23-25*). If necessary, seek biblical counsel from others (*Proverbs 11:14, 15:22*).
 - j. Do not associate (do not have close fellowship or friendship) with others given to anger (*Proverbs 22:24-25*).
- B. As necessary, develop a "THINK AND DO" LIST (Supplement 11) using **GUIDELINES: THE "THINK AND DO" LIST** (Supplement 10).
- C. Implement your basic plan (*James 1:22*) and do it heartily for the Lord (*Colossians 3:23-24*).
- D. Develop a contingency plan to deal with typical situations that provide temptation for you to sin in anger or bitterness. Take into account the following guidelines:
1. Immediately ask God for help (*I Thessalonians 5:17; Hebrews 4:15-16; James 1:5*).
 2. Review your memorized Scripture verses that deal specifically with the sins of anger or bitterness (*based on Psalm 119:9, 11, 16*).
 3. Immediately seek God's perspective.
 - a. Regardless of your feelings or circumstances, view this situation as an opportunity for further spiritual maturity (*James 1:2-4*) because God will work all things together for good in your life (*based on Psalm 37; Proverbs 3:5-12; Romans 8:28-29; Ephesians 1:3-14; Philippians 1:6*).
- 1) Remind yourself that you can do all things through Christ who gives you strength (*Philippians 4:11-13*), since your adequacy is from God and not from any natural "inner strength" (*II Corinthians 3:5*). Remember that you can do nothing fruitful apart from Jesus Christ (*John 15:5*).

- 2) Praise and glorify God that He is sufficient even in your areas of weakness (*II Corinthians 12:9-10*) and that He will keep you from stumbling and make you stand blameless and with great joy in the presence of His glory (*Jude 1:24-25*).
- b. Know that God looks on your heart, not on your outward appearance (*I Samuel 16:7*). You must stand blameless before Him in your thoughts, whether others know about it or not (*based on Acts 23:1, 24:16; Romans 14:12; Ephesians 4:1; Philippians 1:9-11, 2:14-15; Colossians 1:21-22*).
 - 1) If you even begin to think sinful thoughts in this unforeseen circumstance, confess them to the Lord (*I John 1:9*).
 - 2) Remember that it is not the amount of time or immensity of the sin (by human standards) by which you should judge yourself. Rather, the fact that you stopped going God's way even momentarily is what matters (*based on James 2:10, 4:17*).
4. Thank God that you are His servant in your present circumstance (*Ephesians 5:20; I Thessalonians 5:18*). Determine how you will give glory to God (*I Corinthians 10:31; I Peter 4:11*) and seek ways to edify others by serving them in this situation (*Ephesians 4:29; Philippians 2:3-4*).
5. Especially when dealing with anger, determine to overcome the immediate temptation to sin by being:
 - a. Quick to hear (*James 1:19*) - listen carefully, ask questions, get the facts, and make no pre-judgments or hasty decisions (*Proverbs 18:13, 15*).
 - b. Slow to speak (*James 1:19*) - discuss biblical solutions to the problem, speak only words that edify instead of tearing down the other person (*based on Proverbs 15:1; Ephesians 4:29*) - speak the truth with a gentle and quiet spirit (*Ephesians 4:15; I Peter 3:8-17*). Gather factual information related to the circumstances in which anger or bitterness rose within you (*based on Proverbs 18:13; Matthew 7:1-5*).
 - c. Slow to anger (*Proverbs 16:32; James 1:19*) - deal with the problem and do not attack the person.
 - 1) In someone else, deal with the deeds (thoughts, speech, actions), not the motive (*based on I Samuel 16:7b; Jeremiah 17:9; Matthew 12:36-37*).
 - 2) In yourself, deal with your own motive (*based on Matthew 7:1-5, 12:34-37, 15:19; I Corinthians 11:31*) and change your deeds (*based on Job 42:5-6; Colossians 3:8-10*).

Continue to refine your plan to put off the practices of the old self as you put on the righteous deeds of the new self (Ephesians 4:22, 24; Colossians 3:2-17). When you are quick to hear, slow to speak, and slow to anger and when you practice your biblical plan for overcoming anger or bitterness, you are being renewed in the spirit of your mind (based on Romans 12:1-2; Ephesians 4:23; Colossians 3:10; Hebrews 5:14).
6. Act according to your contingency plan as soon as you detect temptation to sin in anger or bitterness (*based on I Thessalonians 5:22; II Timothy 2:19-22*). Then, begin again to do those things written in your basic plan (*based on Proverbs 24:16; James 1:22-25*).

A CASE STUDY: MARY'S HUSBAND HAS LEFT HER

You can help others through any difficult situation by following a specific, scriptural plan of action (*based on Proverbs 3:5-6, 11:14; Ezekiel 18:20; Matthew 7:1, 5; Romans 15:14; II Corinthians 1:3-5, 3:5-6; Galatians 6:1-5; I Thessalonians 5:16-18; II Timothy 3:16-17; James 1:2-7*).

Immediately after Mary's departure, you pray for God's wisdom (*James 1:5*). Realizing the spiritual challenges that are in Mary's life (*Ephesians 6:12; I Peter 5:8*), you begin to make specific preparations for your meeting with Mary. You call the coordinator of biblical counseling at your church to ask if there are biblical counselors who can assist you in tomorrow's session (*Proverbs 11:14, 15:22*). The coordinator encourages you to use the **BIBLICAL COUNSELING RECORD** during the sessions. He also reminds you of the importance of giving him a **BIBLICAL COUNSELING SUMMARY AND PLANNING** sheet following each counseling session for the benefit of the pastor and himself. He reports that all the biblical counselors of your church are involved in counseling cases or are in discipleship meetings with those who have previously completed counseling sessions. However, he recommends two women (Jane and Teresa) and a man (Jim) to be your assistants. None have had any biblical counseling experience, but all have completed the Self-Confrontation Course and have indicated a desire to be trained to counsel others. Realizing that these are the assistant counselors whom God has sovereignly chosen for this situation (*Proverbs 16:9; Romans 8:28*), you prayerfully thank the Lord (*I Thessalonians 5:16-18*) and call your assistants to review guidelines for the first session.

When you contact the proposed assistant counselors, all mention their lack of experience to help in an actual counseling case. You remind them that, as maturing believers, they have a responsibility and privilege to help others in their difficulties (*Romans 15:14; Galatians 6:1*). You also say that no one, regardless of his level of training, is adequate within himself to accomplish anything spiritually fruitful and that a believer's adequacy is totally from the Lord (*John 15:5; II Corinthians 3:5-6*). You encourage them with the biblical truth that we are able to comfort others with the same comfort that we have been comforted by Almighty God (*II Corinthians 1:3-5*). You remind them that God's Word is your guide (*II Timothy 3:16-17*), His Spirit is your empowerment (*I Corinthians 2:9-16*), and this situation has provided an opportunity for all involved to grow in Christ (*John 15:5-7; Romans 8:28-29*). All of the recommended assistant counselors agree with these biblical truths, and all pray with you for God's will to be accomplished for each person in this situation.

The persons involved in this situation include every member of Mary's family, Jane, Teresa, Jim, you, and other members of the biblical counseling team. Besides you and your assistants, other members of the biblical counseling team who may or may not be present in all sessions are the pastor, the biblical counseling coordinator, and any other male biblical counselors (disciplers) who may counsel with Mary's husband. Most importantly, the key personage of the biblical counseling team on whom all are to depend is the Holy Spirit.

After prayer, you review with your assistants the **BIBLICAL COUNSELING RECORD** and its use in tomorrow's session with Mary. Everyone agrees on proposed topics to be covered in the session, which are comprised of the four essential elements of biblical counseling (*understanding the problem, hope, change, practice*). You ask your assistants to arrive thirty minutes ahead of tomorrow's scheduled counseling time so that you may pray together and go over a final review of the proposed agenda for Mary's first session. (*From a biblical perspective, identify the important elements in the above description, most of which are referenced by the italicized verse references.*)

LESSON 11: HOMEWORK

You must deal scripturally with anger and bitterness in order to continue your growth in Christ. This week's **HOMEWORK** will help you understand God's view of anger and bitterness as well as provide an opportunity for you to develop and implement a biblical plan for overcoming these problem areas (based on Psalm 119:105, 165; Matthew 7:5; I Corinthians 10:13; II Corinthians 5:17; Galatians 5:16-25; Ephesians 4:31-32; Colossians 3:8-17; I Peter 1:13-16; II Peter 1:2-11). Specific and practical steps for learning to counsel biblically are also presented.

✓ *homework completed*

- A. * In your own words, write the meanings of *Ephesians 4:31-32* and *James 1:19-20*. Memorize *Ephesians 4:31-32* and *James 1:19-20*. Begin memorizing *Matthew 5:23-24*.
- B. * Read **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight the listed verses in your Bible.
- C. * Continue working on the problem you chose earlier in the course by completing a **VICTORY OVER FAILURES WORKSHEET** (Supplement 9) on those aspects of your problem in which you have exhibited anger or bitterness. Include specific plans for change in column 4 of your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2).
Study **OVERCOMING ANGER AND BITTERNESS** (Lesson 11, Pages 12-16) and complete a **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7) on your anger and/or bitterness this week.
- D. Read **UNBIBLICAL RESPONSES TO ANGER AND BITTERNESS** (Lesson 11, Pages 4-5). Confess your own unbiblical responses to the Lord.
- E. Study **A BIBLICAL VIEW OF ANGER** (Lesson 11, Pages 6-9). This study describes the sinless anger of God, Jesus, and notable men of Scripture. It also gives you a biblical basis for determining if your anger is sinful.
- F. Study **A BIBLICAL VIEW OF BITTERNESS** (Lesson 11, Pages 10-11) and note God's plan for you to avoid this sin.
- G. Read **A CASE STUDY: MARY'S HUSBAND HAS LEFT HER** (Lesson 11, Page 17). List the important truths that a biblical counselor should learn in this situation (these are accompanied by verse references in the case study).
- H. Review the form entitled **BIBLICAL COUNSELING RECORD** (Supplement 13). Note the explanation (Supplement 13, Page 2) and the use (Supplement 13, Page 3) of this helpful tool in biblical counseling. Read the **BIBLICAL COUNSELING SUMMARY AND PLANNING** sheet (Supplement 14). Take note of the summary points of each biblical counseling session and review the specific planning that prepares the counseling team for future sessions.

* *The completion of assignments marked with an asterisk (*) is a prerequisite for further biblical counseling training.*

LESSON 11: STUDY GUIDE FOR DAILY DEVOTIONS (INCLUDING SCRIPTURE MEMORY AND HOMEWORK)

You must deal scripturally with anger and bitterness in order to continue your growth in Christ. This week's **STUDY GUIDE** will help you understand God's view of anger and bitterness as well as provide an opportunity for you to develop and implement a biblical plan for overcoming these problem areas (based on *Psalm 119:105, 165; Matthew 7:5; I Corinthians 10:13; II Corinthians 5:17; Galatians 5:16-25; Ephesians 4:31-32; Colossians 3:8-17; I Peter 1:13-16; II Peter 1:2-11*). Additionally, specific and practical steps for learning to counsel biblically are presented.

Scripture Memory

1. * Memorize *Ephesians 4:31-32* and *James 1:19-20*. Begin memorizing *Matthew 5:23-24*.
2. Carry your memory verse cards from previous weeks along with this week's memory verses. Review your Scriptures during your spare moments throughout the day.

Daily Devotional Study Guide

FIRST DAY

1. Open with prayer.
2. * Read *Principle 45* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight the referenced verses in your Bible.
3. * Continuing to work on the problem you have chosen, read through **OVERCOMING ANGER AND BITTERNESS** (Lesson 11, Pages 12-16). Begin a **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2) on those aspects of your problem in which you have exhibited anger or bitterness.
4. * In your own words, write the meaning of *Ephesians 4:31-32* and *James 1:19-20*.
5. Begin a **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7) by listing your angry or bitter responses this week.
6. Close with prayer.

SECOND DAY

1. Open with prayer.
2. * Read *Principle 46* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight verses in your Bible not marked previously.
3. * Continue to work on your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2). Include specific plans for change in column 4.
4. Read **UNBIBLICAL RESPONSES TO ANGER AND BITTERNESS** (Lesson 11, Pages 4-5). If you recognize your own unbiblical viewpoints, confess them as sin to the Lord. Update your **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7).

THIRD DAY

1. Open with prayer.
2. * Read *Principle 47* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight verses in your Bible not marked previously.
3. * Implement the first steps toward biblical change listed in column 4 of your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2).
4. Read **A BIBLICAL VIEW OF ANGER** (Lesson 11, Pages 6-9). This three-day study will help you determine if your anger is sinful.
5. Update your **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7).
6. Close with prayer.

FOURTH DAY

1. Open with prayer.
2. * Read *Principle 48* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight verses in your Bible not marked previously.
3. * Further implement the specific steps of action that you have listed in column 4 of your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2).
4. Continue studying **A BIBLICAL VIEW OF ANGER** (Lesson 11, Pages 6-9) and update your **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7).
5. Read **A CASE STUDY: MARY'S HUSBAND HAS LEFT HER** (Lesson 11, Page 17). From a biblical perspective, list the important truths that a biblical counselor should learn in this situation (these are accompanied by verse references in the case study).
6. Close with prayer.

FIFTH DAY

1. Open with prayer.
2. * Read *Principle 49* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight appropriate verses in your Bible.
3. * If necessary, adjust your plan of action listed in column 4 of your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2) and take biblical steps of obedience.
4. Complete your study of **A BIBLICAL VIEW OF ANGER** (Lesson 11, Pages 6-9) and update your **DISCOVERING PROBLEM PATTERNS WORKSHEET** (Supplement 7).
5. Rêview the **BIBLICAL COUNSELING RECORD** (Supplement 13), noting its explanation (Supplement 13, Page 2) and its use (Supplement 13, Page 3). Also review the **BIBLICAL COUNSELING SUMMARY AND PLANNING** sheet (Supplement 14) which gives guidelines for recording results of a counseling session. Notice the basic steps of preparation a counseling team should prayerfully take for upcoming biblical counseling sessions.
6. Close with prayer.

SIXTH DAY

1. Open with prayer.
2. * Read *Principle 50* under **BIBLICAL PRINCIPLES: ANGER AND BITTERNESS** (Lesson 11, Pages 2-3). Highlight verses in your Bible not marked previously.
3. * Be faithful to your plan for change recorded in column 4 of your **VICTORY OVER FAILURES WORKSHEET** (Supplement 9, Pages 1-2).